



2,800 Calorie Plan (Protein) 5 meals.day

DAY 1

| | | | |
|-----------------------------|------------------------------|--------------|---------|
| Breakfast 7:00 AM | egg, hard boiled | 2 large | 155 cal |
| | drinking water | 2 Cup(s) | 0 cal |
| | whole grain rolled oats, dry | 3/4 Cup(s) | 224 cal |
| | blueberries | 1 1/2 Cup(s) | 124 cal |
| | egg whites, cooked | 6 large | 103 cal |

MEAL TOTAL: **Calories** 606 cal / **Carbs** 75 g (51%) / **Protein** 36 g (24%) / **Fat** 16 g (25%) / **Fluid** 31

NOTES:

| | | | |
|--------------------------|----------------|----------|---------|
| Snack 10:00 AM | apples | 1 large | 110 cal |
| | almond butter | 2 Tbsp | 200 cal |
| | drinking water | 2 Cup(s) | 0 cal |
| | rx bar | 1 bar | 225 cal |

MEAL TOTAL: **Calories** 535 cal / **Carbs** 59 g (44%) / **Protein** 19 g (14%) / **Fat** 25 g (42%) / **Fluid** 22

NOTES:

| | | | |
|--------------------------|------------------------|------------|---------|
| Lunch 12:00 PM | turkey breast, roasted | 10 oz | 386 cal |
| | baby carrots | 15 large | 79 cal |
| | romaine lettuce | 3 leaf | 3 cal |
| | tomatoes | 1/4 Cup(s) | 8 cal |
| | whole-wheat pita bread | 1 large | 170 cal |
| | drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 646 cal / **Carbs** 56 g (34%) / **Protein** 92 g (56%) / **Fat** 8 g (10%) / **Fluid** 32

NOTES:

| | | | |
|-------------------------|----------------------------|-----------------|---------|
| Snack 3:00 PM | string cheese, light | 1 serving | 50 cal |
| | bananas | 1/2 extra large | 68 cal |
| | cottage cheese, 2% milkfat | 1 Cup(s) | 194 cal |

MEAL TOTAL: **Calories** 312 cal / **Carbs** 27 g (34%) / **Protein** 34 g (42%) / **Fat** 8 g (24%) / **Fluid** 8

NOTES:



Eating right, simplified.

Dinner

6:00 PM

| | | |
|--------------------------------|-------------|---------|
| broccoli, no salt, boiled | 1 Cup(s) | 55 cal |
| black beans, no salt, boiled | 1/2 Cup(s) | 114 cal |
| wild rice, cooked | 1/2 Cup(s) | 83 cal |
| drinking water | 2 Cup(s) | 0 cal |
| extra virgin olive oil | 1 Tbsp | 120 cal |
| fbbc shrimp and veggie skillet | 1/4 serving | 350 cal |

MEAL TOTAL: Calories 721 cal / **Carbs** 68 g (36%) / **Protein** 59 g (32%) / **Fat** 26 g (32%) / **Fluid** 29

NOTES:

DAY 1 TOTAL: Calories 2,820 cal / **Carbs** 285 g (40%) / **Protein** 239 g (33%) / **Fat** 84 g (27%) / **Fluid** 121

**DAY 2**

| | | | |
|-----------------------------|---------------------------------|-----------|---------|
| Breakfast 7:00 AM | turkey sausage breakfast links | 2 oz | 133 cal |
| | fbbc cherry almond butter shake | 1 serving | 403 cal |

MEAL TOTAL: **Calories** 537 cal / **Carbs** 32 g (23%) / **Protein** 40 g (29%) / **Fat** 29 g (48%) / **Fluid** 2

NOTES:

| | | | |
|--------------------------|------------------|----------|---------|
| Snack 10:00 AM | drinking water | 2 Cup(s) | 0 cal |
| | grapes | 3 oz | 48 cal |
| | almonds | 1 1/2 oz | 243 cal |
| | egg, hard boiled | 2 large | 155 cal |

MEAL TOTAL: **Calories** 447 cal / **Carbs** 22 g (19%) / **Protein** 22 g (19%) / **Fat** 32 g (62%) / **Fluid** 21

NOTES:

| | | | |
|--------------------------|------------------------------|------------|---------|
| Lunch 12:00 PM | balsamic vinegar | 2 Tbsp | 28 cal |
| | whole wheat dinner rolls | 2 roll | 149 cal |
| | cranberries, dried sweetened | 1/4 Cup(s) | 92 cal |
| | extra virgin olive oil | 1 Tbsp | 120 cal |
| | romaine lettuce | 2 Cup(s) | 16 cal |
| | chicken, boneless, roasted | 6 oz | 284 cal |
| | drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 690 cal / **Carbs** 62 g (35%) / **Protein** 49 g (28%) / **Fat** 29 g (37%) / **Fluid** 25

NOTES:

| | | | |
|-------------------------|---------------------|-------------|---------|
| Snack 3:00 PM | pears | 1 large | 119 cal |
| | drinking water | 2 Cup(s) | 0 cal |
| | almonds | 1 oz | 162 cal |
| | hummus | 4 Tbsp | 110 cal |
| | wheat thin crackers | 15 crackers | 120 cal |

MEAL TOTAL: **Calories** 511 cal / **Carbs** 71 g (53%) / **Protein** 11 g (8%) / **Fat** 23 g (39%) / **Fluid** 23

NOTES:



Eating right, simplified.

Dinner

6:00 PM

| | | |
|------------------------------|-------------|---------|
| spinach, no salt, boiled | 2 Cup(s) | 83 cal |
| beef flank, lean, broiled | 5 oz | 272 cal |
| sweet potato, no salt, baked | 1 1/2 large | 243 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: Calories 598 cal / **Carbs** 69 g (45%) / **Protein** 55 g (36%) / **Fat** 13 g (19%) / **Fluid** 37

NOTES:

DAY 2 TOTAL: Calories 2,782 cal / **Carbs** 257 g (36%) / **Protein** 177 g (25%) / **Fat** 126 g (39%) / **Fluid** 108

**DAY 3****Breakfast**

7:00 AM

| | | |
|---|--------------|---------|
| whole wheat english muffin | 1 1/2 muffin | 201 cal |
| almond butter | 2 Tbsp | 200 cal |
| egg whites, cooked | 6 large | 103 cal |
| trulean whey isolate protein frosted vanilla cake | 1 1/2 Scoop | 150 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 654 cal / **Carbs** 49 g (30%) / **Protein** 72 g (45%) / **Fat** 18 g (25%) / **Fluid** 23

NOTES:

Snack

10:00 AM

| | | |
|----------------------------|---------------|---------|
| egg, hard boiled | 2 large | 155 cal |
| bananas | 1 extra large | 135 cal |
| drinking water | 2 Cup(s) | 0 cal |
| plain greek yogurt, nonfat | 8 oz | 134 cal |
| almonds, raw | 15 Whole nuts | 111 cal |

MEAL TOTAL: **Calories** 535 cal / **Carbs** 47 g (34%) / **Protein** 42 g (31%) / **Fat** 21 g (35%) / **Fluid** 29

NOTES:

Lunch

12:00 PM

| | | |
|---|------------|---------|
| drinking water | 2 Cup(s) | 0 cal |
| tuna fish, very low-sodium, in water | 8 oz | 224 cal |
| romaine lettuce | 3 leaf | 3 cal |
| olive oil, mayonnaise, light | 1/2 Tbsp | 25 cal |
| apples | 1 large | 110 cal |
| tomatoes | 1/4 Cup(s) | 8 cal |
| ezekiel 4:9 sprouted 100% whole grain bread by foo... | 2 slice | 160 cal |

MEAL TOTAL: **Calories** 530 cal / **Carbs** 62 g (44%) / **Protein** 60 g (44%) / **Fat** 7 g (12%) / **Fluid** 24

NOTES:

Snack

3:00 PM

| | | |
|----------------------|-----------|---------|
| baby carrots | 15 large | 79 cal |
| drinking water | 2 Cup(s) | 0 cal |
| string cheese, light | 2 serving | 100 cal |
| rx bar | 1 bar | 225 cal |

MEAL TOTAL: **Calories** 404 cal / **Carbs** 45 g (44%) / **Protein** 25 g (25%) / **Fat** 14 g (31%) / **Fluid** 23

NOTES:



Eating right, simplified.

Dinner

6:00 PM

| | | |
|------------------------|---------------|---------|
| italian chicken | 1 1/2 serving | 392 cal |
| kale, no salt, boiled | 2 Cup(s) | 73 cal |
| drinking water | 2 Cup(s) | 0 cal |
| olive oil | 1 Tbsp | 119 cal |
| banza chick peas pasta | 1 oz | 95 cal |

MEAL TOTAL: **Calories** 679 cal / **Carbs** 33 g (19%) / **Protein** 50 g (29%) / **Fat** 41 g (52%) / **Fluid** 29

NOTES:

DAY 3 TOTAL: **Calories** 2,801 cal / **Carbs** 236 g (33%) / **Protein** 250 g (35%) / **Fat** 102 g (32%) / **Fluid** 128

**DAY 4**

| | | | |
|-----------------------------|------------------------------|--------------|---------|
| Breakfast 7:00 AM | blueberries | 1 1/2 Cup(s) | 124 cal |
| | whole grain rolled oats, dry | 2/3 Cup(s) | 199 cal |
| | egg, hard boiled | 2 large | 155 cal |
| | drinking water | 2 Cup(s) | 0 cal |
| | egg whites, cooked | 6 large | 103 cal |

MEAL TOTAL: **Calories** 581 cal / **Carbs** 71 g (50%) / **Protein** 36 g (25%) / **Fat** 16 g (25%) / **Fluid** 31

NOTES:

| | | | |
|--------------------------|---------------------|-------------|---------|
| Snack 10:00 AM | pears | 1 large | 119 cal |
| | wheat thin crackers | 15 crackers | 120 cal |
| | hummus | 4 Tbsp | 110 cal |

MEAL TOTAL: **Calories** 349 cal / **Carbs** 65 g (71%) / **Protein** 5 g (6%) / **Fat** 9 g (23%) / **Fluid** 7

NOTES:

| | | | |
|--------------------------|------------------------|---------------|---------|
| Lunch 12:00 PM | balsamic vinegar | 2 Tbsp | 28 cal |
| | whole-wheat pita bread | 1 1/2 large | 255 cal |
| | romaine lettuce | 1 Cup(s) | 8 cal |
| | iced tea, green | 16 fl oz | 0 cal |
| | italian chicken | 1 1/2 serving | 392 cal |

MEAL TOTAL: **Calories** 683 cal / **Carbs** 62 g (36%) / **Protein** 49 g (28%) / **Fat** 27 g (36%) / **Fluid** 24

NOTES:

| | | | |
|-------------------------|---------------------------------|-----------|---------|
| Snack 3:00 PM | baby carrots | 15 large | 79 cal |
| | drinking water | 2 Cup(s) | 0 cal |
| | fbbc cherry almond butter shake | 1 serving | 403 cal |

MEAL TOTAL: **Calories** 482 cal / **Carbs** 50 g (39%) / **Protein** 33 g (26%) / **Fat** 19 g (35%) / **Fluid** 24

NOTES:

| | | | |
|--------------------------|--------------------------------|--------------|---------|
| Dinner 6:00 PM | beef flank, lean, broiled | 8 oz | 435 cal |
| | wild rice, cooked | 1 1/4 Cup(s) | 207 cal |
| | summer squash, no salt, boiled | 2 cup | 72 cal |
| | drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 714 cal / **Carbs** 59 g (33%) / **Protein** 74 g (41%) / **Fat** 20 g (26%) / **Fluid** 37

NOTES:

DAY 4 TOTAL: Calories 2,810 cal / **Carbs** 307 g (43%) / **Protein** 197 g (28%) / **Fat** 93 g (29%) / **Fluid** 124

**DAY 5**

| | | | |
|-----------------------------|---|-------------|---------|
| Breakfast 7:00 AM | drinking water | 1 Cup(s) | 0 cal |
| | egg whites, cooked | 6 large | 103 cal |
| | italian turkey sausage, lower sodium | 3 oz | 134 cal |
| | whole eggs, scrambled | 2 large | 182 cal |
| | ezeziel 4:9 sprouted 100% whole grain bread by foo... | 1 slice | 80 cal |
| | avocado | 1/3 avocado | 107 cal |

MEAL TOTAL: **Calories** 606 cal / **Carbs** 28 g (19%) / **Protein** 52 g (34%) / **Fat** 31 g (47%) / **Fluid** 21

NOTES:

| | | | |
|--------------------------|----------------------------|----------|---------|
| Snack 10:00 AM | almond butter | 2 Tbsp | 200 cal |
| | apples | 1 large | 110 cal |
| | drinking water | 2 Cup(s) | 0 cal |
| | cottage cheese, 2% milkfat | 1 Cup(s) | 194 cal |

MEAL TOTAL: **Calories** 505 cal / **Carbs** 44 g (35%) / **Protein** 33 g (26%) / **Fat** 22 g (39%) / **Fluid** 28

NOTES:

| | | | |
|--------------------------|------------------------|-------------|---------|
| Lunch 12:00 PM | drinking water | 2 Cup(s) | 0 cal |
| | turkey breast, roasted | 10 oz | 386 cal |
| | whole-wheat pita bread | 1 1/2 large | 255 cal |
| | tomatoes | 1/4 Cup(s) | 8 cal |
| | baby carrots | 5 large | 26 cal |
| | romaine lettuce | 3 leaf | 3 cal |

MEAL TOTAL: **Calories** 678 cal / **Carbs** 61 g (35%) / **Protein** 94 g (54%) / **Fat** 8 g (11%) / **Fluid** 28

NOTES:

| | | | |
|-------------------------|---|----------|---------|
| Snack 3:00 PM | drinking water | 2 Cup(s) | 0 cal |
| | peanuts, no salt, dry-roasted | 1/2 oz | 83 cal |
| | plain greek yogurt, nonfat | 8 oz | 134 cal |
| | trulean whey isolate protein frosted vanilla cake | 1 Scoop | 100 cal |
| | blueberries | 1 Cup(s) | 83 cal |

MEAL TOTAL: **Calories** 399 cal / **Carbs** 33 g (32%) / **Protein** 52 g (50%) / **Fat** 8 g (18%) / **Fluid** 27

NOTES:



Eating right, simplified.

Dinner

6:00 PM

| | | |
|--------------------------|---------------|---------|
| chicken vegetable soup | 1 1/2 serving | 502 cal |
| whole wheat dinner rolls | 1 1/2 roll | 112 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: Calories 614 cal / **Carbs** 51 g (33%) / **Protein** 50 g (32%) / **Fat** 24 g (35%) / **Fluid** 30

NOTES:

DAY 5 TOTAL: Calories 2,802 cal / **Carbs** 217 g (31%) / **Protein** 281 g (39%) / **Fat** 95 g (30%) / **Fluid** 133

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**DAY 6**

| | | | |
|------------------|--------------------------------|-----------|---------|
| Breakfast | fbbc blueberry muffin smoothie | 1 serving | 394 cal |
| 7:00 AM | | | |

MEAL TOTAL: **Calories** 394 cal / **Carbs** 34 g (33%) / **Protein** 34 g (33%) / **Fat** 16 g (34%) / **Fluid** 1

NOTES:

| | | | |
|--------------|----------------------------|--------------|---------|
| Snack | drinking water | 2 Cup(s) | 0 cal |
| 10:00 AM | cottage cheese, 2% milkfat | 1 1/2 Cup(s) | 292 cal |
| | strawberries | 1 2/3 cup | 81 cal |
| | wheat thin crackers | 15 crackers | 120 cal |

MEAL TOTAL: **Calories** 493 cal / **Carbs** 53 g (42%) / **Protein** 43 g (35%) / **Fat** 13 g (23%) / **Fluid** 33

NOTES:

| | | | |
|--------------|--------------------------|---------------|---------|
| Lunch | chicken vegetable soup | 1 1/2 serving | 502 cal |
| 12:00 PM | whole wheat dinner rolls | 2 roll | 149 cal |
| | drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 651 cal / **Carbs** 58 g (35%) / **Protein** 51 g (31%) / **Fat** 25 g (34%) / **Fluid** 30

NOTES:

| | | | |
|--------------|----------------------|-----------|---------|
| Snack | apples | 1 large | 110 cal |
| 3:00 PM | string cheese, light | 3 serving | 150 cal |
| | drinking water | 2 Cup(s) | 0 cal |
| | almond butter | 2 Tbsp | 200 cal |

MEAL TOTAL: **Calories** 460 cal / **Carbs** 38 g (33%) / **Protein** 25 g (21%) / **Fat** 24 g (46%) / **Fluid** 22

NOTES:

| | | | |
|---------------|---|-------------|---------|
| Dinner | drinking water | 2 Cup(s) | 0 cal |
| 6:00 PM | black beans, no salt, boiled | 1 Cup(s) | 227 cal |
| | spinach, no salt, boiled | 2 Cup(s) | 83 cal |
| | fbbc chicken fajita with brown rice casserole | 1/5 serving | 479 cal |

MEAL TOTAL: **Calories** 789 cal / **Carbs** 106 g (52%) / **Protein** 69 g (33%) / **Fat** 14 g (15%) / **Fluid** 38

NOTES:

DAY 6 TOTAL: Calories 2,787 cal / **Carbs** 288 g (40%) / **Protein** 221 g (31%) / **Fat** 91 g (29%) / **Fluid** 124

**DAY 7**

| | | | |
|-----------------------------|--------------------------------------|---------------|---------|
| Breakfast 7:00 AM | egg, hard boiled | 1 large | 78 cal |
| | bananas | 1 extra large | 135 cal |
| | italian turkey sausage, lower sodium | 3 oz | 134 cal |
| | plain greek yogurt, nonfat | 8 oz | 134 cal |
| | almonds, raw | 30 Whole nuts | 222 cal |

MEAL TOTAL: **Calories** 703 cal / **Carbs** 53 g (30%) / **Protein** 53 g (30%) / **Fat** 32 g (40%) / **Fluid** 14

NOTES:

| | | | |
|--------------------------|----------------------|-------------|---------|
| Snack 10:00 AM | string cheese, light | 3 serving | 150 cal |
| | baby carrots | 10 large | 53 cal |
| | drinking water | 2 Cup(s) | 0 cal |
| | wheat thin crackers | 15 crackers | 120 cal |

MEAL TOTAL: **Calories** 323 cal / **Carbs** 36 g (44%) / **Protein** 20 g (25%) / **Fat** 11 g (31%) / **Fluid** 21

NOTES:

| | | | |
|--------------------------|--------------------------------------|------------|---------|
| Lunch 12:00 PM | whole wheat tortillas | 3 tortilla | 381 cal |
| | tuna fish, very low-sodium, in water | 8 oz | 224 cal |
| | bottled water | 16 fl oz | 0 cal |
| | tomatoes | 1/4 Cup(s) | 8 cal |
| | olive oil, mayonnaise, light | 1 Tbsp | 49 cal |

MEAL TOTAL: **Calories** 662 cal / **Carbs** 59 g (35%) / **Protein** 64 g (38%) / **Fat** 20 g (27%) / **Fluid** 19

NOTES:

| | | | |
|-------------------------|---|-------------|---------|
| Snack 3:00 PM | apples | 1 large | 110 cal |
| | oat & honey granola bars | 1 bar | 140 cal |
| | drinking water | 2 Cup(s) | 0 cal |
| | trulean whey isolate protein frosted vanilla cake | 1 1/2 Scoop | 150 cal |

MEAL TOTAL: **Calories** 400 cal / **Carbs** 52 g (50%) / **Protein** 39 g (38%) / **Fat** 5 g (12%) / **Fluid** 22

NOTES:

| | | | |
|--------------------------|------------------------------|----------|---------|
| Dinner 6:00 PM | sweet potato, no salt, baked | 1 large | 162 cal |
| | chicken, boneless, roasted | 10 oz | 473 cal |
| | kale, no salt, boiled | 2 Cup(s) | 73 cal |
| | drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 708 cal / **Carbs** 52 g (29%) / **Protein** 79 g (45%) / **Fat** 20 g (26%) / **Fluid** 35

NOTES:



Eating right, simplified.

DAY 7 TOTAL: Calories 2,796 cal / **Carbs** 253 g (36%) / **Protein** 255 g (36%) / **Fat** 89 g (28%) / **Fluid** 110

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1 Servings

fbbc shrimp and veggie skillet

Ingredients

avocado oil
2 Tbsp

onions sweet raw
1 serving

garlic
2 clove

red peppers
1 medium

broccoli
1 stalk

corn sweet yellow raw
1/2 Cup(s)

organic canned black beans
1 Cup(s)

gourmet collection smoked paprika by mccormick
1/4 tsp

chili powder
1/4 tsp

ancho chili powder
1/8 teaspoons

black pepper (ground)
1/4 teaspoon(s)

salt
1/4 tsp

lime juice
2 Tbsp

wild caught tail off medium raw shrimp by kroger
35 shrimp

Nutrition Totals

Calories 1400 / Carbs 74 g / Protein 178 g / Fat 44 g / Fluid 16 fl oz

Instructions

In a large skillet caramelize onion and garlic in 1 Tbsp avocado oil for 2-3 minutes.

Add red pepper and broccoli florets into the skillet and cook over medium heat for 2-3 mins.

Add in corn and black beans and mix gently to combine, then remove from heat.

Transfer cooked veggies and bean mixture to a large serving bowl.

Wipe out skillet, return to low heat, and add 1 Tbsp avocado oil.



In small bowl, mix together smoked paprika, chili powder, ancho chili powder, black pepper, and salt and set aside.

Place thawed shrimp in hot skillet and add seasoning mixture and lime juice. Cook shrimp thoroughly.

Spoon shrimp over warm veggie mixture and serve immediately with optional cilantro and fresh lime juice squeezed over top.



Nutrition Label

| Fbbc Shrimp And Veggie Skillet | |
|---------------------------------------|-------------|
| Amount Per Serving | |
| Calories | 1400 |
| % Daily Value* | |
| Total Fat 44.2g | 68% |
| Saturated Fat 4.3g | 22% |
| Trans Fat 0g | |
| Cholesterol 1190mg | 397% |
| Sodium 2001.9mg | 83% |
| Total Carbohydrates 73.6g | 25% |
| Dietary Fiber 13.7g | 55% |
| Total Sugar 20.4g | |
| Protein 177.7g | |
| Vitamin D 0IU | 0% |
| Calcium 628mg | 63% |
| Iron 23.3mg | 130% |
| Potassium 1684.8mg | |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



1 Servings

fbbc cherry almond butter shake

Ingredients

frozen fruit dark sweet cherries by dole

1 Cup(s)

avocado

1/4 avocado

almond milk (unsweetened)

1 cup(s)

trulean whey isolate protein frosted vanilla cake

1 Scoop

almond butter (unsweetened)

1 tablespoon(s)

ice cubes

4 cubes

Nutrition Totals

Calories 403 / Carbs 31 g / Protein 31 g / Fat 19 g / Fluid 1 fl oz

Instructions

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.



Nutrition Label

| Fbbc Cherry Almond Butter Shake | |
|--|------------|
| Amount Per Serving | |
| Calories | 403 |
| % Daily Value* | |
| Total Fat 19.1g | 29% |
| Saturated Fat 1.6g | 8% |
| Trans Fat 0g | |
| Cholesterol 4mg | 1% |
| Sodium 247.6mg | 10% |
| Total Carbohydrates 31.2g | 10% |
| Dietary Fiber 8.9g | 36% |
| Total Sugar 19g | |
| Protein 31.3g | |
| Vitamin D 0IU | 0% |
| Calcium 111mg | 11% |
| Iron 0.6mg | 4% |
| Potassium 356.7mg | |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



1 Servings

italian chicken

Ingredients

garlic
1/2 clove

lemon juice
1 Tbsp

olive oil
1 Tbsp

chicken breast skinless
4 oz

Nutrition Totals

Calories 261 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 3 fl oz

Instructions

Combine ingredients in a small bowl and place chicken breast in the bowl to marinate. Remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.



Nutrition Label

| Italian Chicken | |
|---------------------------------|------------|
| Amount Per Serving | |
| Calories | 261 |
| % Daily Value* | |
| Total Fat 16.5g | 25% |
| Saturated Fat 2.5g | 13% |
| Trans Fat 0g | |
| Cholesterol 82.7mg | 28% |
| Sodium 51.7mg | 2% |
| Total Carbohydrates 1.5g | 1% |
| Dietary Fiber 0g | 0% |
| Total Sugar 0.4g | |
| Protein 25.6g | |
| Vitamin D 1.1IU | 0% |
| Calcium 9.4mg | 1% |
| Iron 0.5mg | 3% |
| Potassium 400.7mg | |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



2 Servings

chicken vegetable soup

Ingredients

coconut vegetable oil
1 Tbsp

onions
1 medium

zucchini/summer squash
2 cup

chicken, boneless, roasted
8 oz

vegetable stock, no salt added
3 Cup(s)

carrots
1 medium

black pepper
1/2 tsp

oregano, dried
1/2 tsp

parsley (fresh)
1 tablespoon(s)

Nutrition Totals

Calories 669 / **Carbs** 39 g / **Protein** 62 g / **Fat** 30 g / **Fluid** 18 fl oz

Instructions

1. In a large saucepan, cook diced onion, zucchini and carrots in coconut oil until tender.
2. Season with pepper, oregano and parsley.
3. Add cooked chicken and vegetable stock.
4. Simmer over low heat for 15 minutes, stirring occasionally.



Nutrition Label

| Chicken Vegetable Soup | |
|----------------------------------|------------|
| Amount Per Serving | |
| Calories | 335 |
| % Daily Value* | |
| Total Fat 14.9g | 23% |
| Saturated Fat 8g | 40% |
| Trans Fat 0g | |
| Cholesterol 85mg | 28% |
| Sodium 162.5mg | 7% |
| Total Carbohydrates 19.4g | 6% |
| Dietary Fiber 3.2g | 13% |
| Total Sugar 13.3g | |
| Protein 30.8g | |
| Vitamin D 0IU | 0% |
| Calcium 63.9mg | 6% |
| Iron 2.2mg | 12% |
| Potassium 18947.6mg | |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



1 Servings

fbbc blueberry muffin smoothie

Ingredients

almond milk (unsweetened)
1 cup(s)

trulean whey isolate protein frosted vanilla cake
1 Scoop

blueberries (frozen)
1/2 cup(s)

spinach
1 Cup(s)

almond butter (unsweetened)
1 tablespoon(s)

old fashioned oats by quaker
1/3 Cup(s)

ground flaxseed
1/3 tablespoons

cinnamon, ground
1/8 tsp

nutmeg, ground
1/8 tsp

Nutrition Totals

Calories 394 / Carbs 34 g / Protein 34 g / Fat 16 g / Fluid 1 fl oz

Instructions

Blend all of the ingredients in a high-speed blender until smooth and serve.



Nutrition Label

| Fbbc Blueberry Muffin Smoothie | |
|---------------------------------------|------------|
| Amount Per Serving | |
| Calories | 394 |
| % Daily Value* | |
| Total Fat 15.5g | 24% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 4mg | 1% |
| Sodium 267.8mg | 11% |
| Total Carbohydrates 33.6g | 11% |
| Dietary Fiber 8.1g | 33% |
| Total Sugar 7.5g | |
| Protein 33.5g | |
| Vitamin D 0IU | 0% |
| Calcium 138mg | 14% |
| Iron 2mg | 11% |
| Potassium 282.6mg | |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 Servings



fbbc chicken fajita with brown rice casserole

Ingredients

green, red or yellow bell peppers
3 medium

white onion
1 whole

chicken breast, boneless skinless
24 oz

chicken broth, reduced sodium
1 1/2 Cup(s)

brown rice (dry measure)
1 cups

organic canned black beans
15 oz

green chilies, diced
4 oz

lime juice
1 1 fruit

pepper jack cheese
4 oz

chili powder
3 tsp

salt
1/4 tsp

cumin ground
1 tsp

garlic powder
1/2 tsp

onion powder
1/2 tsp

cayenne pepper
1/8 tsp

Nutrition Totals

Calories 2395 / Carbs 258 g / Protein 213 g / Fat 61 g / Fluid 34 fl oz

Instructions

Preheat oven to 375 degrees F.

Combine fajita seasoning ingredients in a small bowl and set aside.



Evenly coat the bottom of a 9x13 casserole dish with the rinsed brown rice.

Next, layer $\frac{1}{2}$ of the onions and bell peppers on top of rice.

Evenly layer cubed chicken on rice and sprinkle fajita seasoning over chicken to coat it.

Next, layer black beans and green chilies.

Finish by layering the remaining onions and bell peppers.

Gently pour chicken broth evenly over casserole. Cover dish with tin foil and bake for 30 minutes. After 30 minutes, stir the casserole contents, cover with foil again, and put back in oven for another 30 minutes. After 30 minutes, take the tin foil off and bake for another 20 minutes.

After 20 minutes, take $\frac{1}{2}$ of the lime juice and evenly pour over entire casserole. Sprinkle with cheese and place back in the oven for another 5 minutes or until cheese is melted.

Top with remaining lime juice and optional toppings and serve.

Nutrition Label

| Fbbc Chicken Fajita With Brown Rice Casserole | |
|--|-------------|
| Amount Per Serving | |
| Calories | 2395 |
| % Daily Value* | |
| Total Fat 60.6g | 93% |
| Saturated Fat 25.3g | 127% |
| Trans Fat 0g | |
| Cholesterol 516.4mg | 172% |
| Sodium 4449.4mg | 185% |
| Total Carbohydrates 257.8g | 86% |
| Dietary Fiber 36.4g | 146% |
| Total Sugar 24.2g | |
| Protein 213.2g | |
| Vitamin D 13.6IU | 2% |
| Calcium 1028.1mg | 103% |
| Iron 12.7mg | 71% |
| Potassium 4419.6mg | |
| <small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |



Shopping List

Accompaniments

black pepper (ground)
0.06 teaspoon(s)
olive oil, mayonnaise, light
1.5 Tbsp

Beef

beef flank, lean, broiled
13 oz
italian turkey sausage, lower sodium
6 oz

Beverages

almond milk (unsweetened)
3 cup(s)
bottled water
16 fl oz
drinking water
55 Cup(s)
iced tea, green
16 fl oz

Bread

whole-wheat pita bread
4 large
whole wheat dinner rolls
5.5 roll
whole wheat english muffin
1.5 muffin
whole wheat tortillas
3 tortilla

Cereal & Grain Products

corn sweet yellow raw
0.13 Cup(s)
whole grain rolled oats, dry
1.42 Cup(s)
wild rice, cooked
1.75 Cup(s)



Cookies & Crackers

wheat thin crackers
60 crackers

Dairy & Egg

cottage cheese, 2% milkfat
3.5 Cup(s)
egg, hard boiled
9 large
egg whites, cooked
24 large
pepper jack cheese
0.8 oz
plain greek yogurt, nonfat
24 oz
string cheese, light
9 serving
whole eggs, scrambled
2 large

Fats & Oils

avocado oil
0.5 Tbsp
coconut vegetable oil
1.5 Tbsp
extra virgin olive oil
2 Tbsp
olive oil
4 Tbsp

Finfish & Shellfish

tuna fish, very low-sodium, in water
16 oz

Fruits & Juices

apples
5 large
avocado
0.83 avocado
bananas
2.5 extra large
blueberries
4 Cup(s)



blueberries (frozen)

0.5 cup(s)

cranberries, dried sweetened

0.25 Cup(s)

grapes

3 oz

lemon juice

3 Tbsp

lime juice

0.5 Tbsp

0.2 1 fruit

pears

2 large

strawberries

1.67 cup

Ingredients

balsamic vinegar

4 Tbsp

Legumes & Beans

black beans, no salt, boiled

1.5 Cup(s)

hummus

8 Tbsp

organic canned black beans

0.25 Cup(s)

3 oz

Nuts & Seeds

almond butter

8 Tbsp

almond butter (unsweetened)

3 tablespoon(s)

almonds

2.5 oz

peanuts, no salt, dry-roasted

0.5 oz

Poultry

chicken, boneless, roasted

28 oz

chicken breast, boneless skinless

4.8 oz



chicken breast skinless
12 oz
turkey breast, roasted
20 oz

Sausages & Meats

turkey sausage breakfast links
2 oz

Snacks

oat & honey granola bars
1 bar

Soup

chicken broth, reduced sodium
0.3 Cup(s)
vegetable stock, no salt added
4.5 Cup(s)

Spices & Herbs

black pepper
0.76 tsp
cayenne pepper
0.03 tsp
chili powder
0.66 tsp
cinnamon, ground
0.13 tsp
cumin ground
0.2 tsp
garlic powder
0.1 tsp
nutmeg, ground
0.13 tsp
onion powder
0.1 tsp
oregano, dried
0.76 tsp
parsley (fresh)
1.5 tablespoon(s)
salt
0.11 tsp



Sports & Diet Nutritionals

trulean whey isolate protein frosted vanilla cake

7 Scoop

Uncategorized

almonds, raw

45 Whole nuts

ancho chili powder

0.03 teaspoons

banza chick peas pasta

1 oz

brown rice (dry measure)

0.2 cups

ezekiel 4:9 sprouted 100% whole grain bread by food for life

3 slice

frozen fruit dark sweet cherries by dole

2 Cup(s)

gourmet collection smoked paprika by mccormick

0.06 tsp

ground flaxseed

0.33 tablespoons

ice cubes

8 cubes

old fashioned oats by quaker

0.33 Cup(s)

onions sweet raw

0.25 serving

rx bar

2 bar

wild caught tail off medium raw shrimp by kroger

8.75 shrimp

Vegetables

baby carrots

60 large

broccoli

0.25 stalk

broccoli, no salt, boiled

1 Cup(s)

carrots

1.5 medium

garlic

2 clove

green, red or yellow bell peppers

0.6 medium

green chilies, diced

0.8 oz



kale, no salt, boiled

4 Cup(s)

onions

1.5 medium

red peppers

0.25 medium

romaine lettuce

9 leaf

3 Cup(s)

spinach

1 Cup(s)

spinach, no salt, boiled

4 Cup(s)

summer squash, no salt, boiled

2 cup

sweet potato, no salt, baked

2.5 large

tomatoes

1 Cup(s)

white onion

0.2 whole

zucchini/summer squash

3 cup